22. A composition comprising:

a) a chondroprotective agent selected from the group consisting of ~~gelatin~~, cartilage, aminosugars, glycosaminoglycans, methylsulfonylmethane, ~~precursors of methylsulfonylmethane~~, S-adenosylmethionine, salts thereof, and mixtures thereof;

b) at least about 10% water, by weight of the composition; and

c) less than about 19 grams total carbohydrate per every 230 milliliters of the composition.

34. A composition comprising:

a) a chondroprotective agent selected from the group consisting of ~~gelatin~~, cartilage, aminosugars, glycosaminoglycans, methylsulfonylmethane, ~~precursors of methylsulfonylmethane~~, S-adenosylmethionine, salts thereof, and mixtures thereof; and

b) less than about 18 grams total carbohydrate per every 230 milliliters of the composition;

wherein the composition is substantially free of aspartame.

43. A kit comprising:

(a) a composition according to Claim 1; and

(b) information that ~~use~~ administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

44. A kit comprising:

(a) a composition according to Claim 13; and

(b) information that ~~use~~ administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

45. A kit comprising:

(a) a composition according to Claim 22; and

(b) information that ~~use~~ administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.

46. A kit comprising:

(a) a composition according to Claim 34; and

(b) information that ~~use~~ administration of the composition is useful for one or more benefits selected from the group consisting of joint health benefits, bone health benefits, anti-inflammation, and utility for diabetic mammals.